



United States Department of Agriculture

Protein Foods

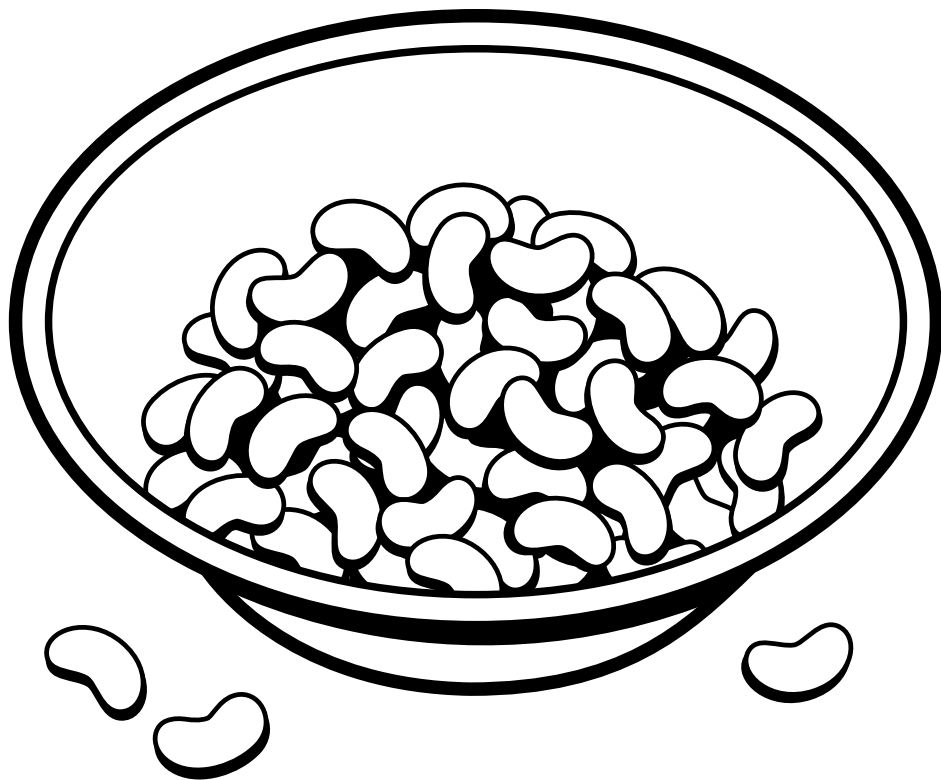
Lean
Protein



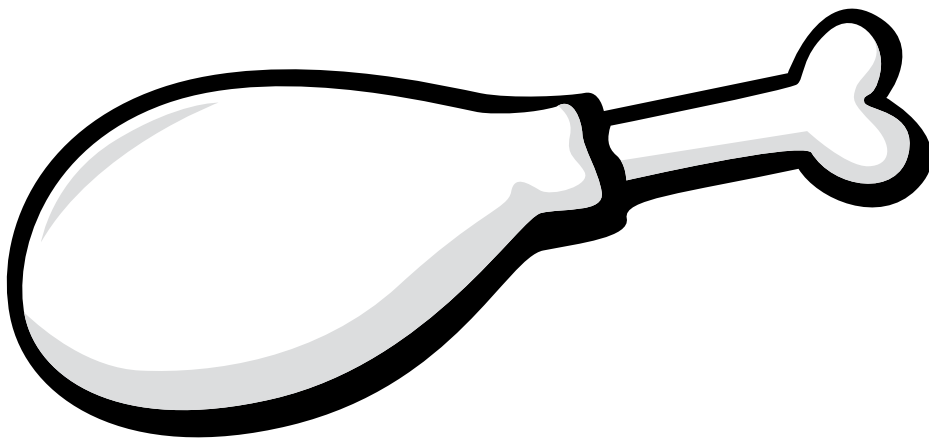
Sight words: I, see



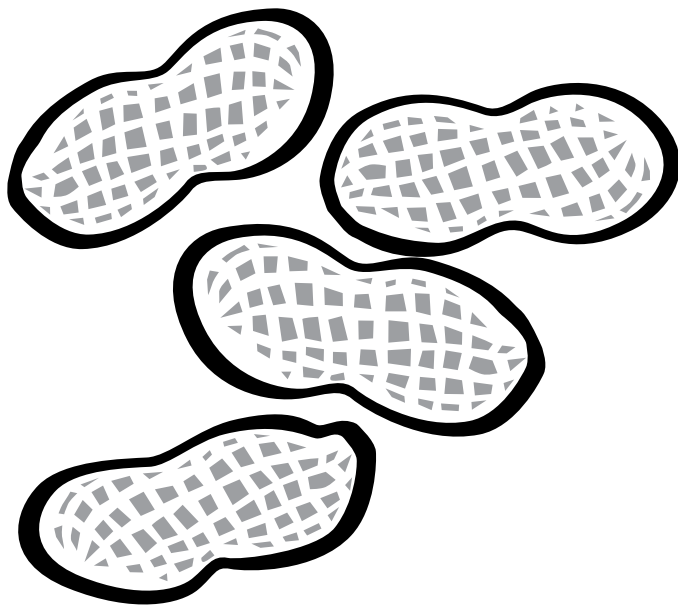
This book belongs to:



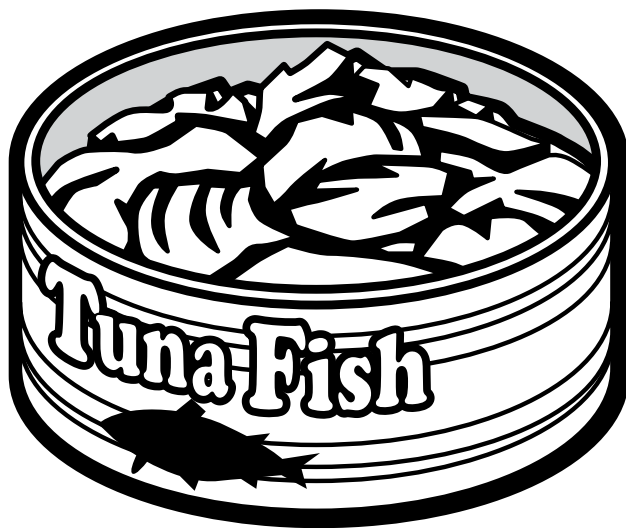
I see beans.



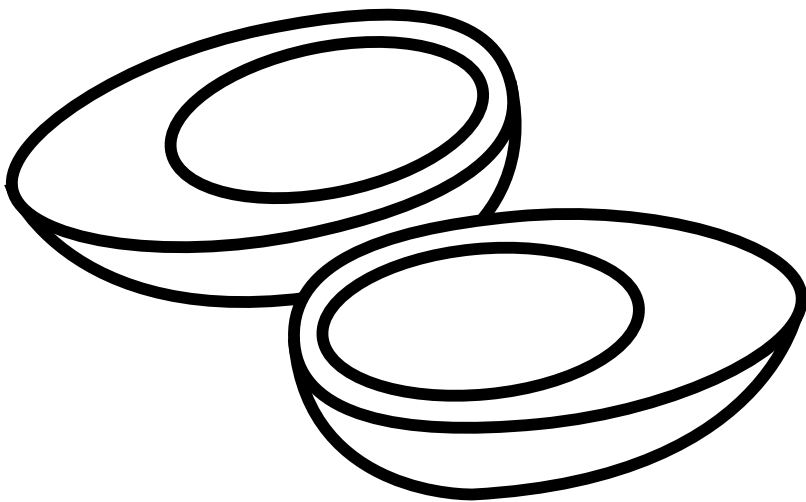
I see chicken.



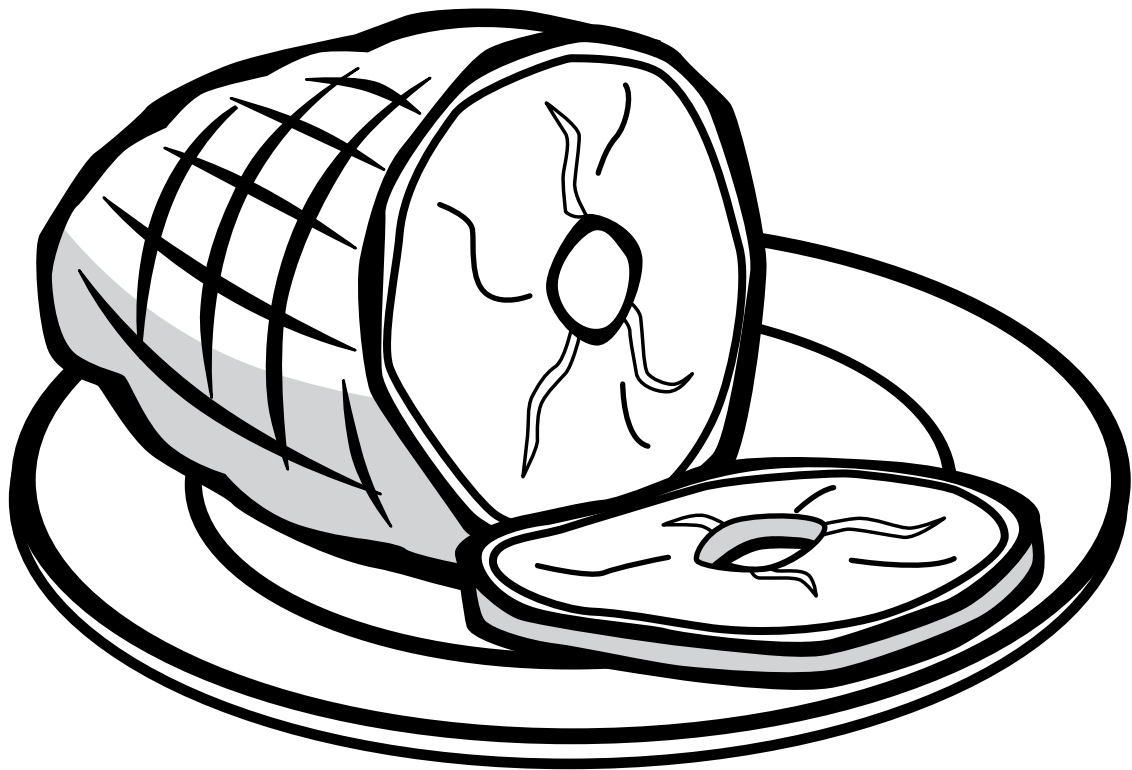
I see nuts.



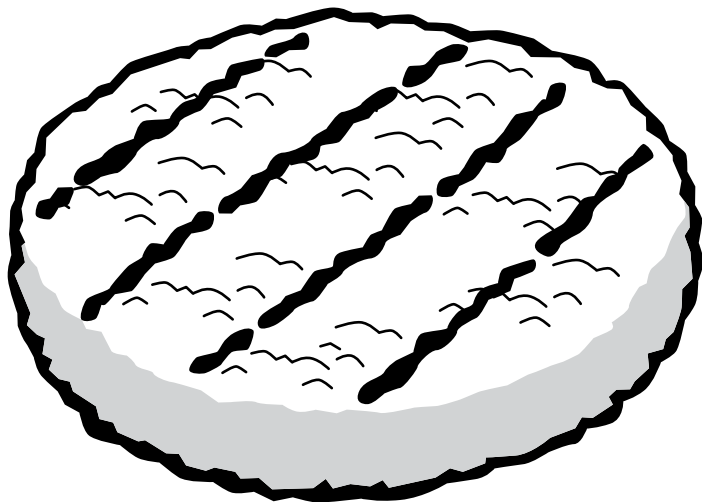
I see fish.



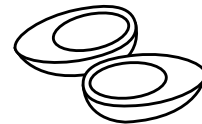
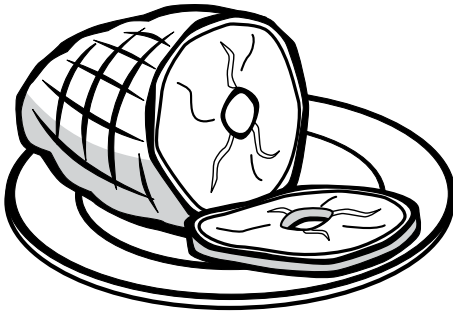
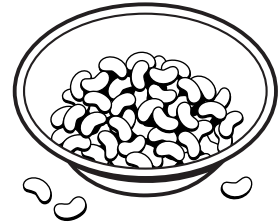
I see eggs.



I see ham.



I see meat.



I see protein foods!





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